

HIGHMARK



Eat Well for Life I w/Mary Lou (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11947)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Eat Well for Life II w/Mary Lou (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Oct. 27-Nov. 17

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11948)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 7-8:30 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11950)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gigi (6 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Thurs., 10-11 a.m., Sept. 16-Oct. 21

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#12061)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Drop 10 in 10 w/Lynn (10 classes)

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes.

No use of gimmicks, pills or potions!

Dates: Tues., 11-12 a.m., Sept. 28-Nov. 30 (#11949)

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M

\$16 materials fee. Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 106

Fee: \$87R/\$90NR/\$70M (#11914)

Tatting w/Judy (6 classes)

A knitting technique that is completed with a tatting shuttle. Simply a basic knit repeated over and over. Very easy. Call for supply list.

Dates: Thurs., 6-7 p.m., Sept. 30-Nov. 4 (#11915)*

-OR- Mon., 11-12 p.m., Sept. 27-Nov. 1 (#11916)

Location: Friendship Center, Room 106/* Conf. Room

Fee: \$50R/\$53NR/\$40M

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is 9/15.**

Date: Monday, September 20, 7-9 p.m.,

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#11951)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Date: Saturday, September 25, 10 a.m.-noon

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11975)

The Friendship Center is now accepting Healthways Prime!